

Jewel stuffed courgette with Persian rice

Serves 4

INGREDIENTS

250g basmati rice
0.1g saffron
150g butter
50g sultanas
50g barberries
2 tsp Advieh Koresh (or
Garam Massala)
10g almond sticks
1 bunch dill
1 bunch parsley
2 red onions
1 bunch fresh bay leaves
2 sprigs rosemary
8 round courgettes
olive oil
salt, pepper

**ALLERGENS HIGHLIGHTED IN
BOLD**



PREPARATION

Wash the rice until the water is clear. Cover the rice with water, add a pinch of salt. After one hour, drain the rice. Take four times as much water as rice and bring to the boil in a large pot. Simmer for 3-4 minutes until the rice is cooked but still has some bite. Drain through a sieve.

P.T.O.

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PREPARATION

Peel and slice the onions. Heat 2 tablespoons of butter in a wide saucepan and fry the saffron, onions, sultanas, barberries, almonds and Advieh Koresh for about three minutes. Add the rice, mix well and remove from the heat. Halve the courgettes, remove the core and add to the rice.

Wash and coarsely chop the parsley and dill, add to the rice and season with salt and pepper. Heat olive oil in a frying pan and fry the courgettes on the cut side until they are nicely coloured. Fill the courgettes halves with the rice, put a knob of butter on each and place the stuffed courgettes on a baking tray with rosemary and bay leaves and bake in the oven at 180°C top and bottom heat for 30-40 minutes until the courgettes are cooked and the rice is a little crunchy on the surface. Serve with mast-o-khiar, a Persian cucumber yoghurt.